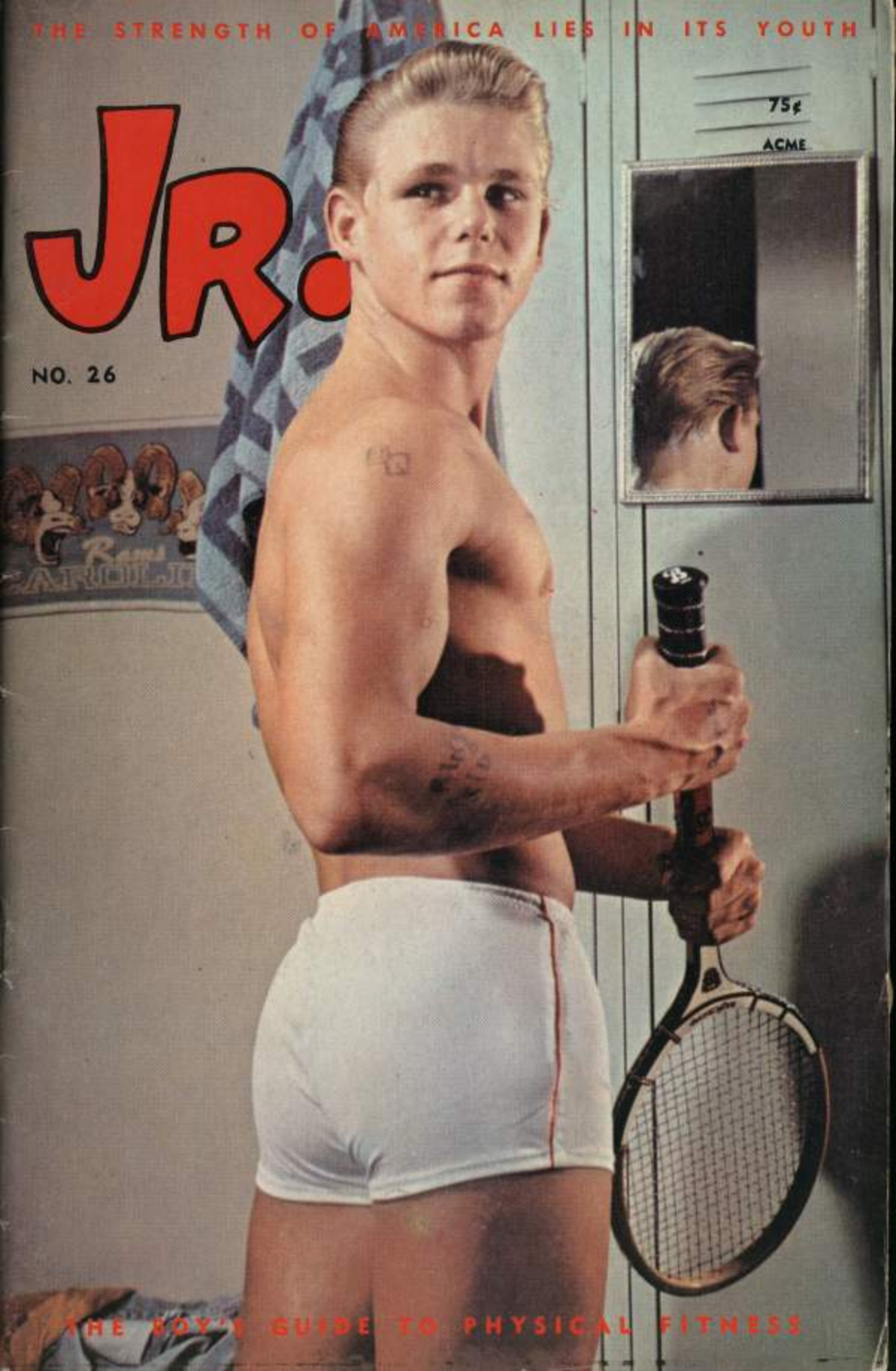
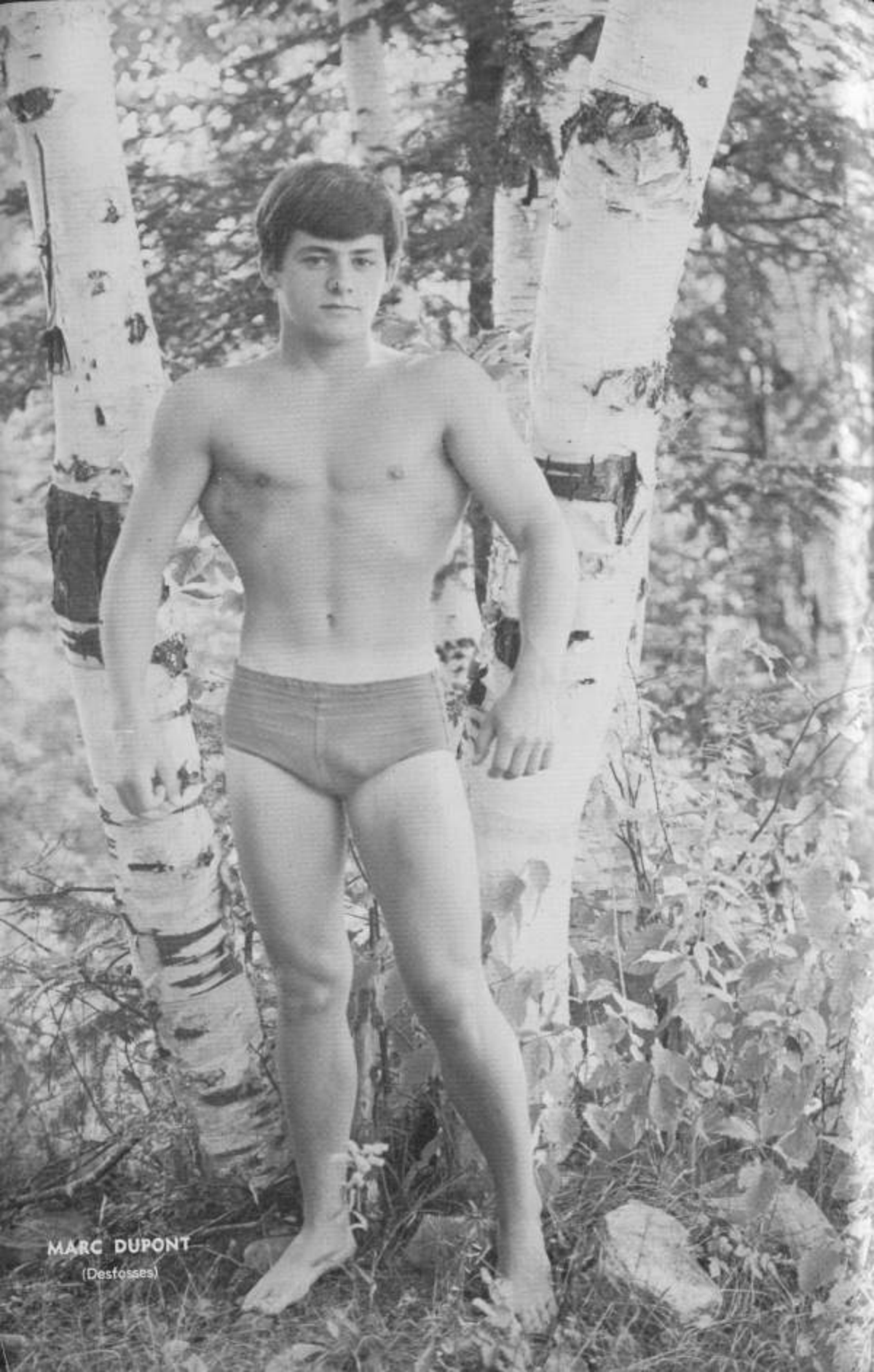
THE STRENGTH OF AMERICA LIES IN ITS YOUTH

JR.

NO. 26



THE BOY'S GUIDE TO PHYSICAL FITNESS


MARC DUPONT
(Desfosses)

JR.

THE BOY'S GUIDE TO PHYSICAL FITNESS

No. 26 **MAY 1968**

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— *On Our Covers* —

Front Cover —

RONNIE RONSON

Champion

Back Cover —

BRAD DAVIS

Champion

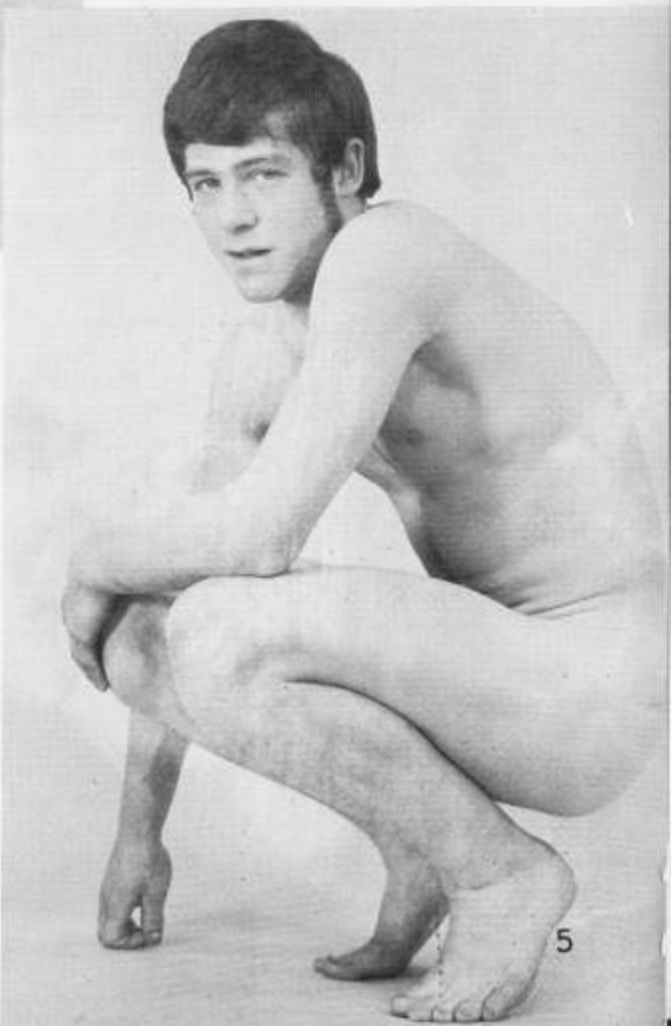
It's a pleasure —

to introduce

Terry Dot!

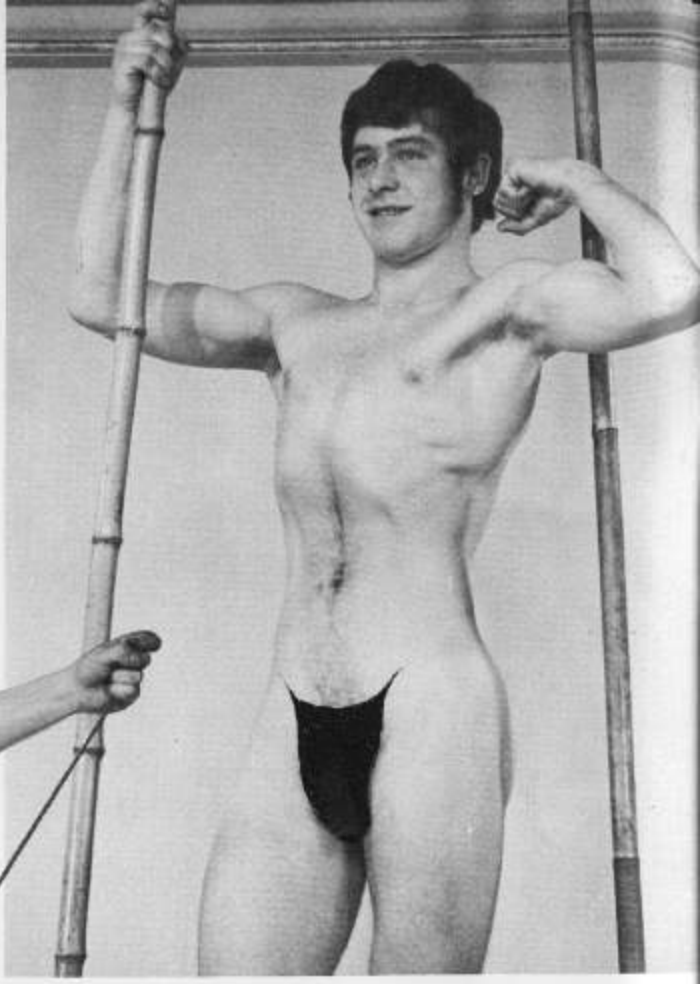
Young Londoner TERRY is 19 and a scaffolder by trade. He plays football each week-end in right wing position and is considered an excellent long-shot.

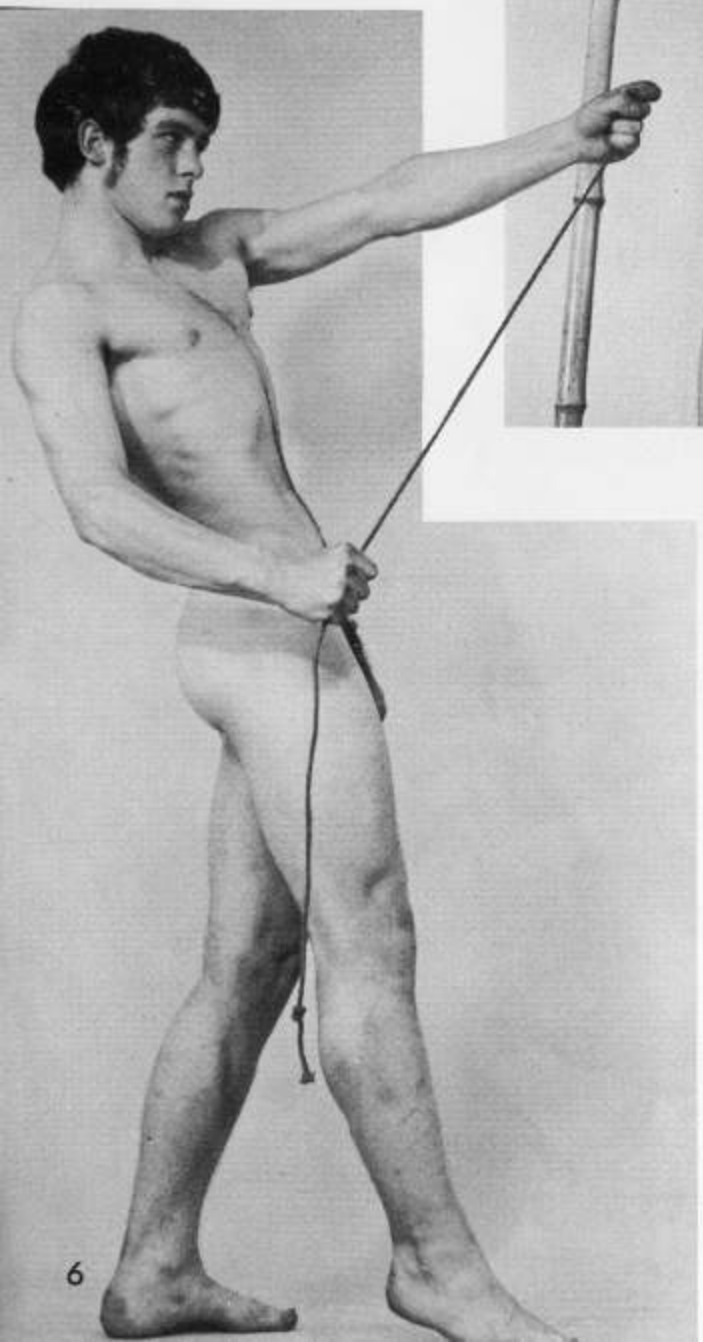
Photos by
M. TOD



Terry

Dot





TERRY enjoys posing for the camera and showing off his fine form.

"GROWING UP" IN THE WORLD

YOUR PROBLEMS AND THEIR SOLUTIONS

Fifth in a series of articles

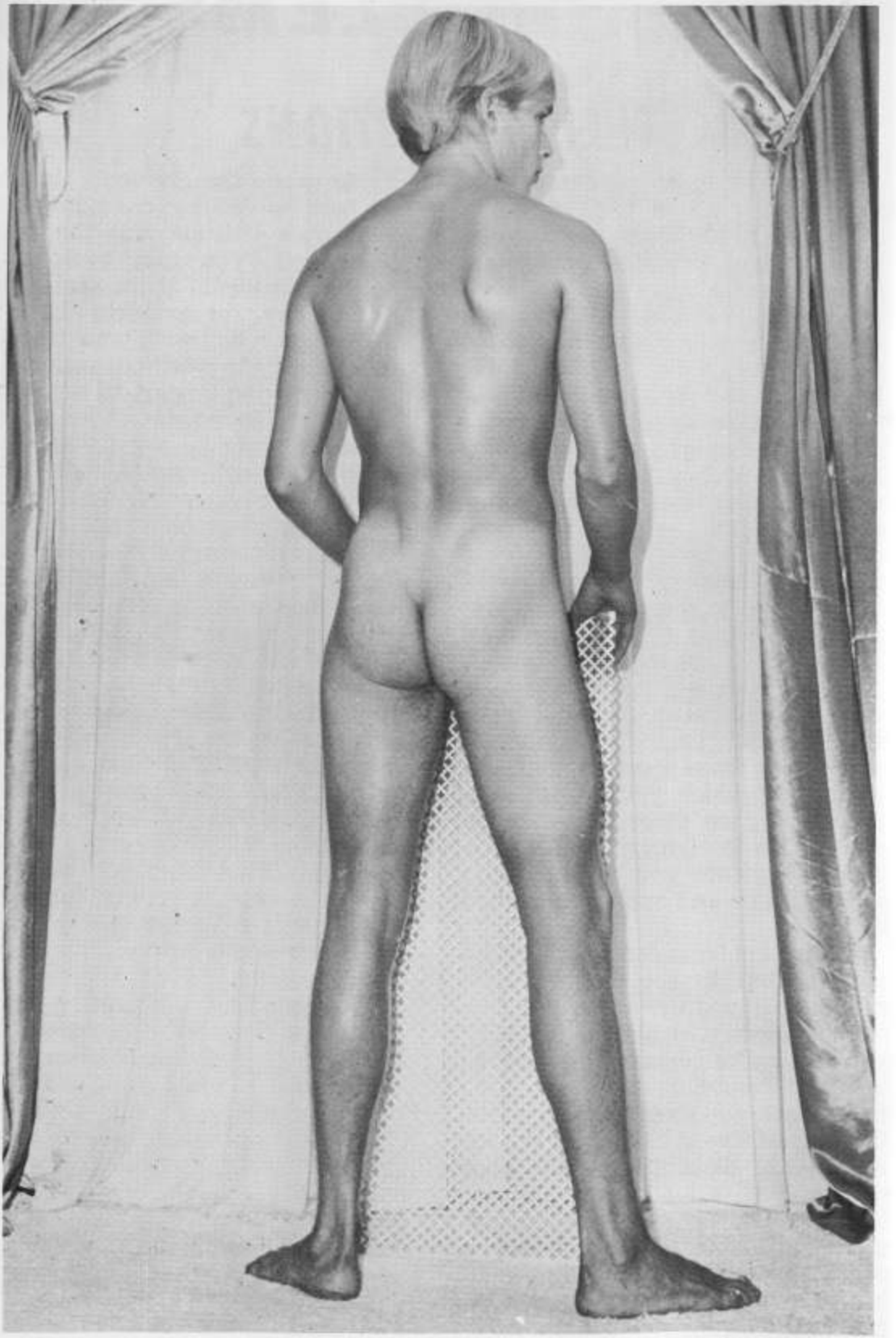
The world today is beset with problems for all of us, and there are many kinds to be dealt with. Mathematical problems may not phase you at all, yet you could be helpless in planning the strategy of a football team. You may write an excellent thesis for your English exam, and be utterly baffled by the engine of an automobile. You can not judge your abilities by terms of intelligence alone. You have to take into consideration your education, your experiences and your interests.

The first step in solving a problem is to make certain of what the problem really is. Perhaps you may be unhappy in your school. This is truly not your real problem as it is only a symptom of the problem itself. Presume that your unhappiness comes from a course that you are taking which you do not like. In such a case there is not much you can do to change the situation itself. Therefore you must change your attitude and approach toward it.

Many problems can be solved by just looking to see what can be changed. If you are a mature person and faced with such a difficulty you can make certain adjustments in your behavior and your attitudes that will help you to make the best of the situation. In school, if you are dissatisfied with your marks, you can work to improve them. If you do not have enough money at school, you can often find odd jobs to supplement your regular income that you can do in your free time. Being faced with these problems — failure, poverty, or something similar — the mature person does not just adapt himself to unpleasant conditions, he will work to change them.

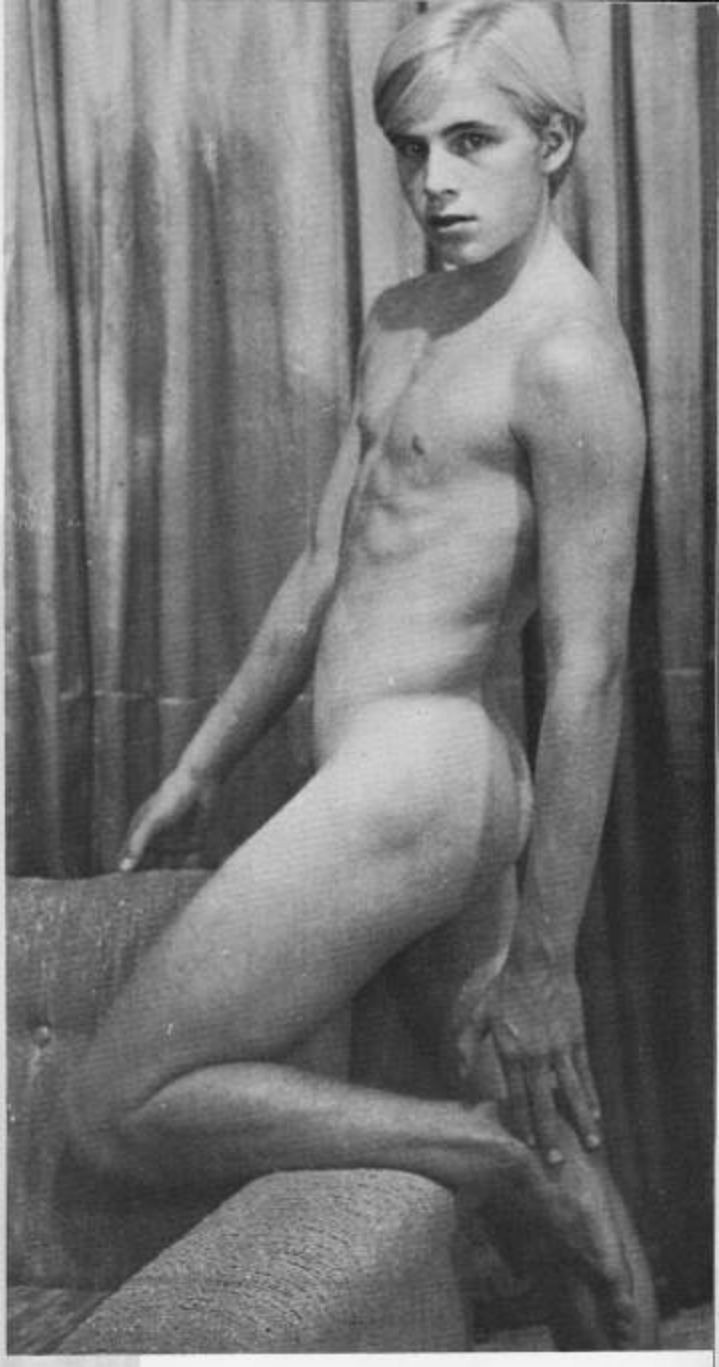
Many are the problems that can be best solved by changing both your own attitude plus the situation itself. You may even make both adjustments at the same time. Let us say, for example that you do not get along with your teacher. You can try to work out your problem by having a heart-to-heart talk with him. There may be some misunderstanding between you that such a talk will help to make clear. At the same time you can also help to solve the problem by trying to change or improve your own attitudes as much as possible. You must look at your problems objectively as you deal with them. You can do this by looking at the difficulty as if it were happening to someone else. By being objective you can figure out a proper answer to a situation instead of ignoring it or refusing to accept it. Sometimes you will find that you need more information to solve your problems. This you may get from parents, teachers, personal counselors, or friends. Many books or other publications may also prove helpful.

Bodybuilding will present many problems. These are not too hard to solve if you are following the right exercise routines. If your legs, for example, are underdeveloped in proportion to the rest of your body you will find specialized movements to improve them in your training routines. Spending time in exercise will help your mental outlook as well, for as your appearance improves so too will your mental attitude. To overcome all of your problems both physical and mental will give you that ideal that has come down to us from the ancient Greeks — **A SOUND MIND IN A HEALTHY BODY.**

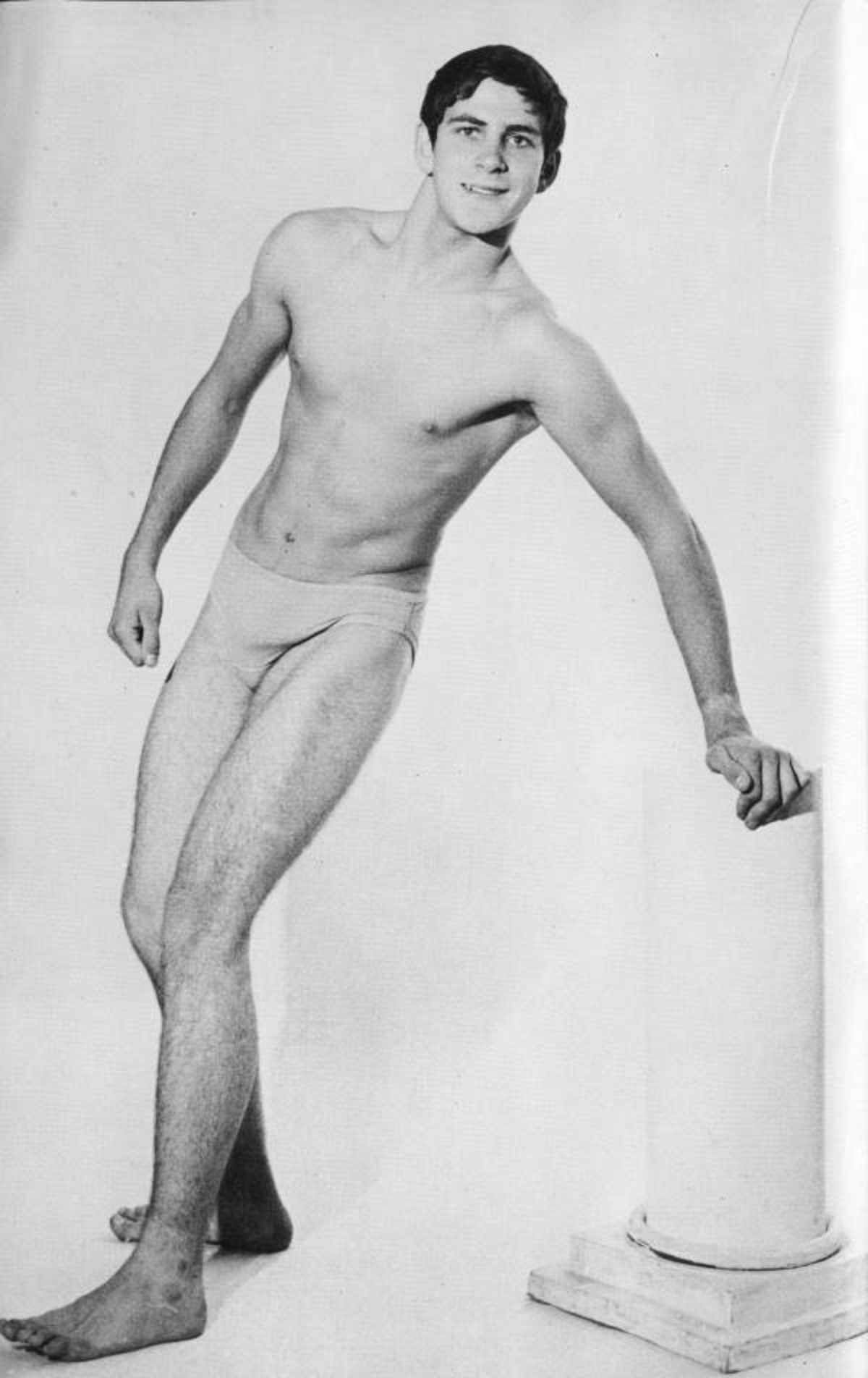


RA. Enterprises

Tommy Tucker

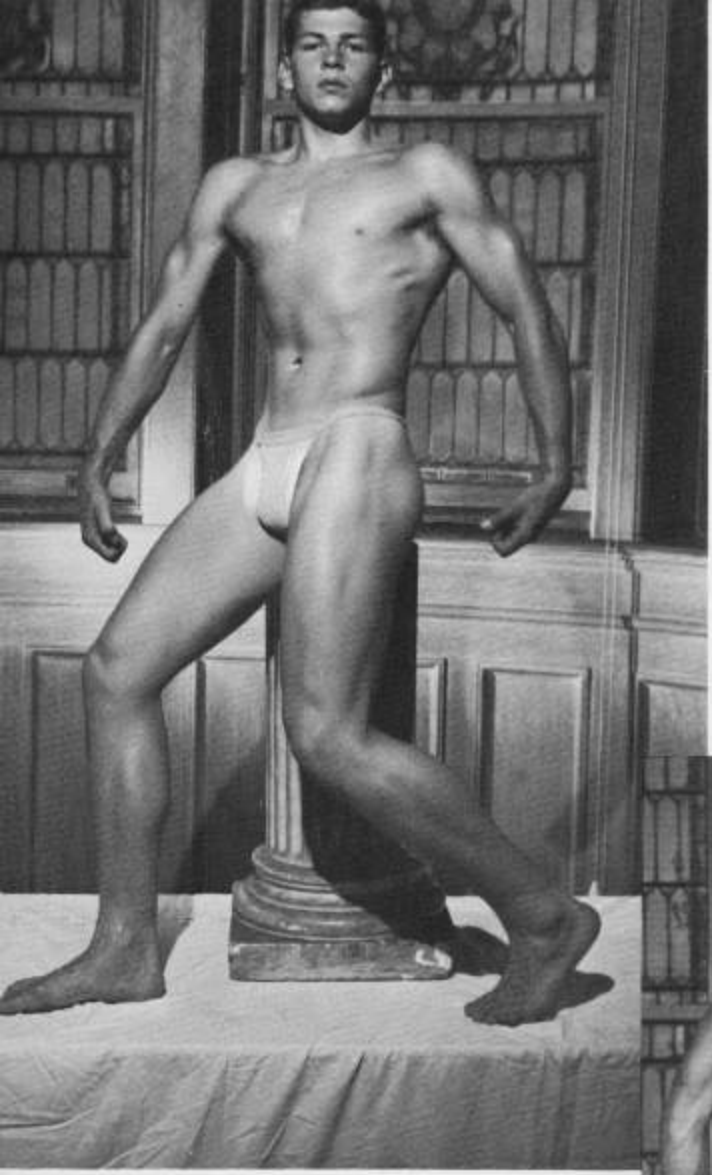


A New Star from R.A. Enterprises



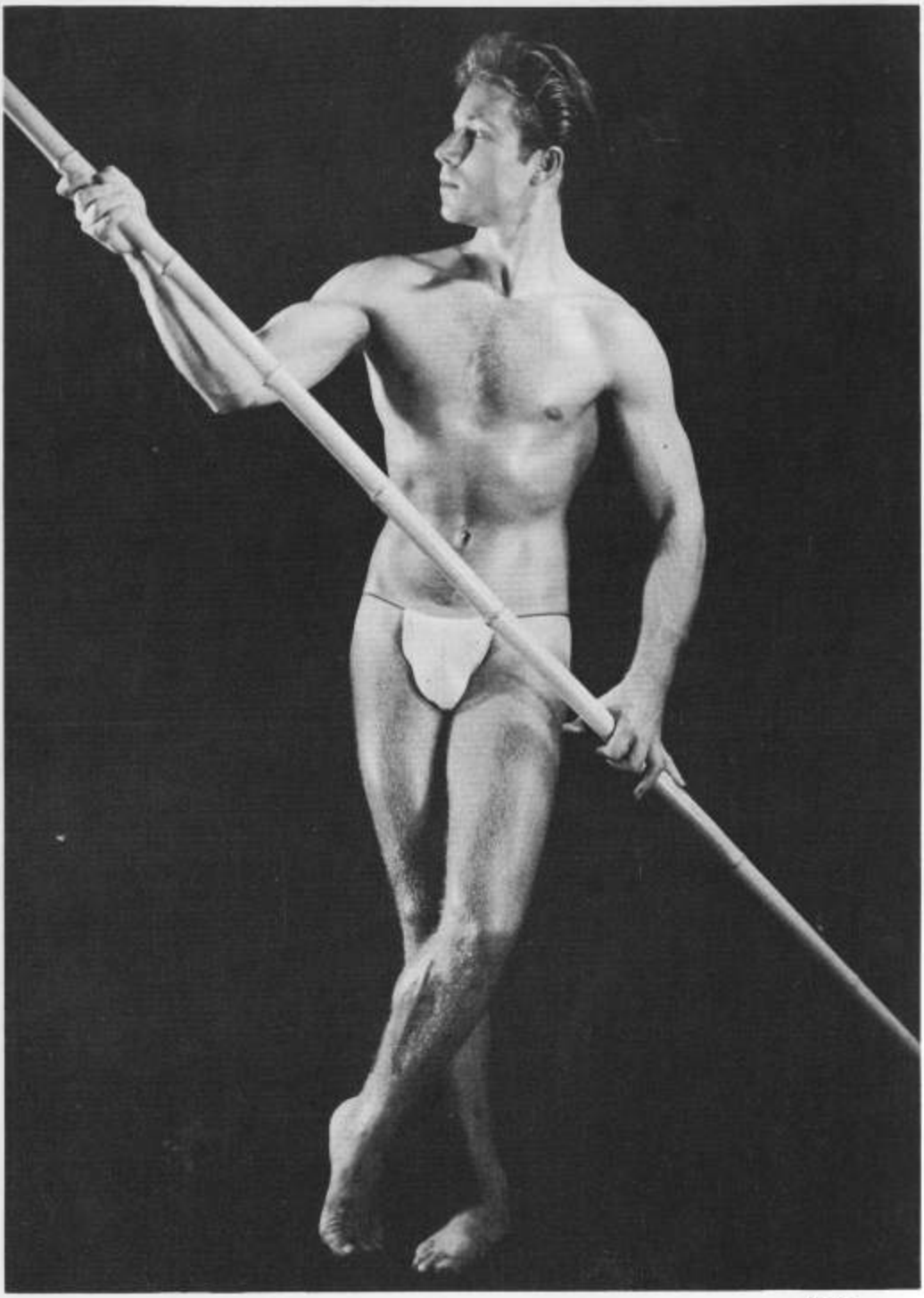
Here's Tommy West!

Three Studies
by
GALAXY



VLAD PAWL

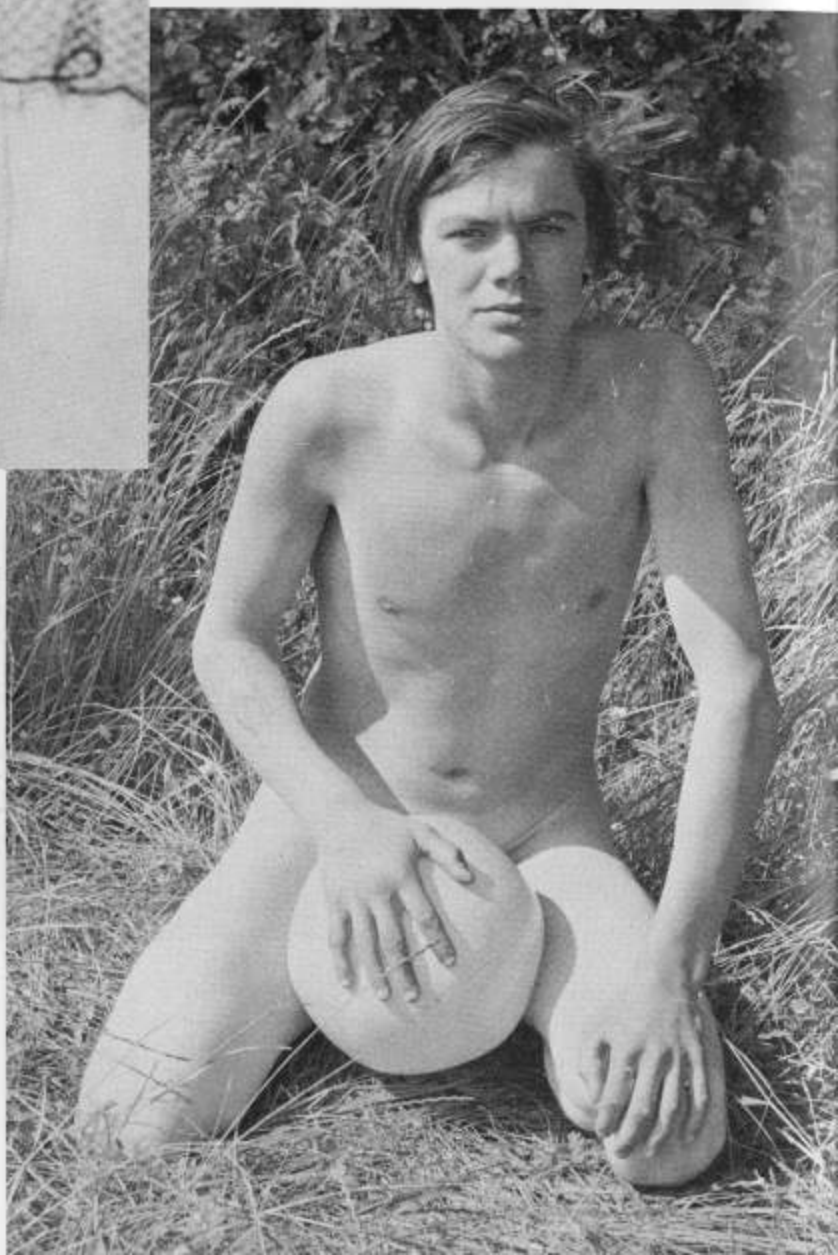
Photos by
LON-OLYMPIA



Scott

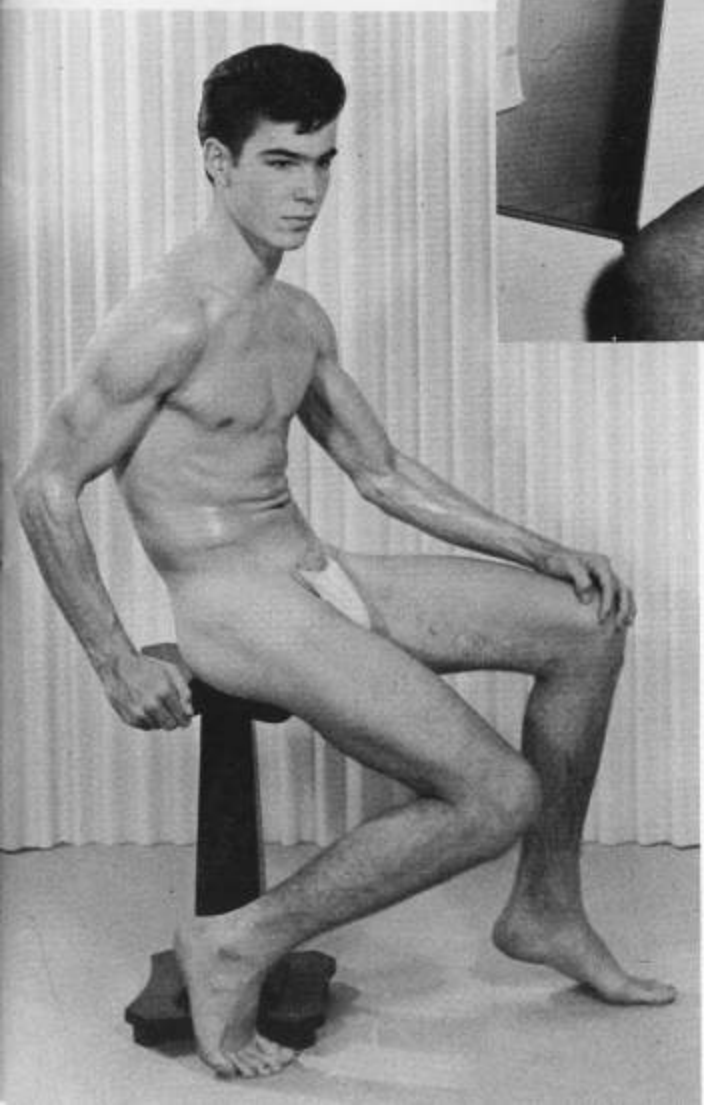
JOHN NARKIS

STEVE DOT
(M. Tod)



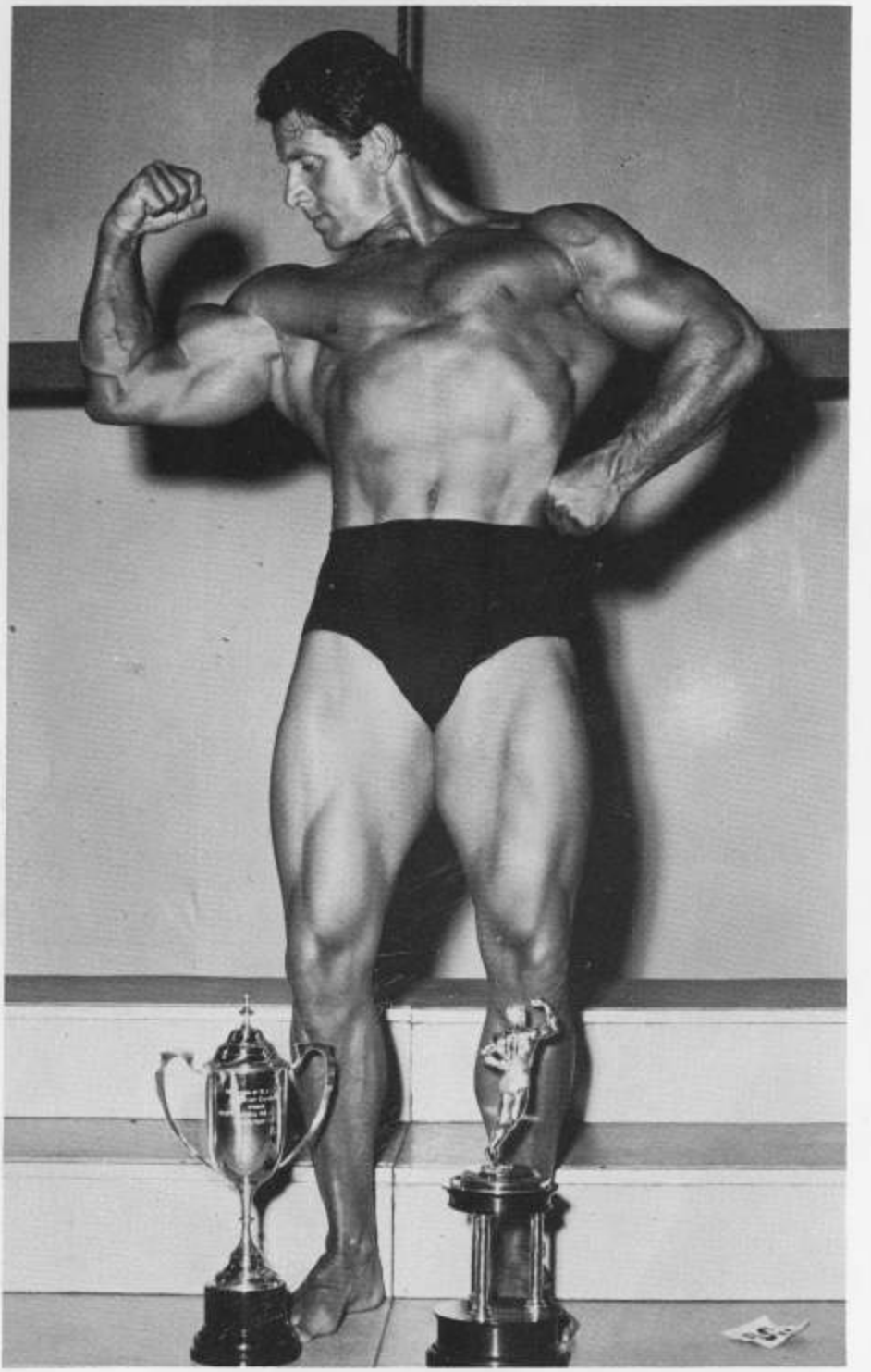
ROY BARRETT
(Rikki)

TOM WINGATE
(Champion)



JOE STRUBLE
(Metecue)

JR's SENIOR of the MONTH



Arax

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JR's WEIGHT TRAINING SERIES

BASIC EXERCISES FOR BODYBUILDERS

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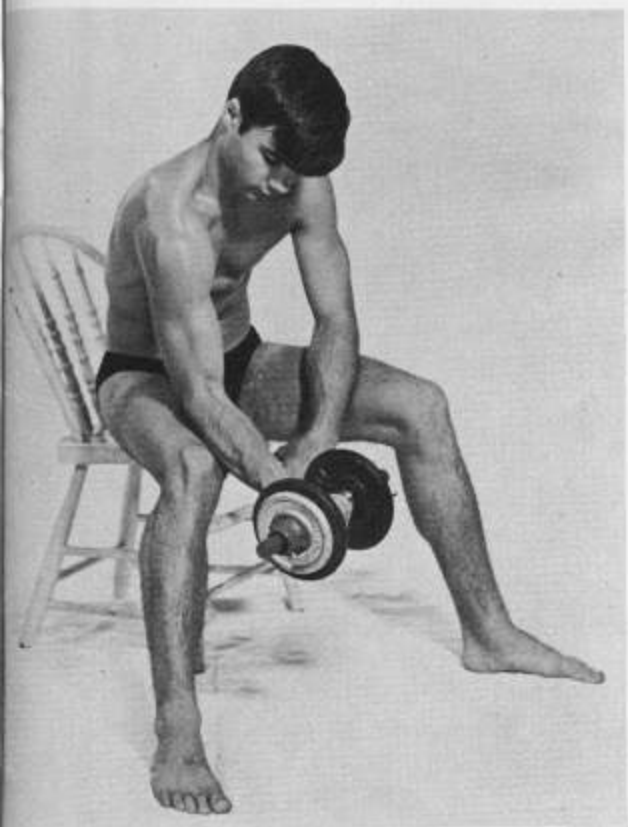


JOHNNY CONNOLLY

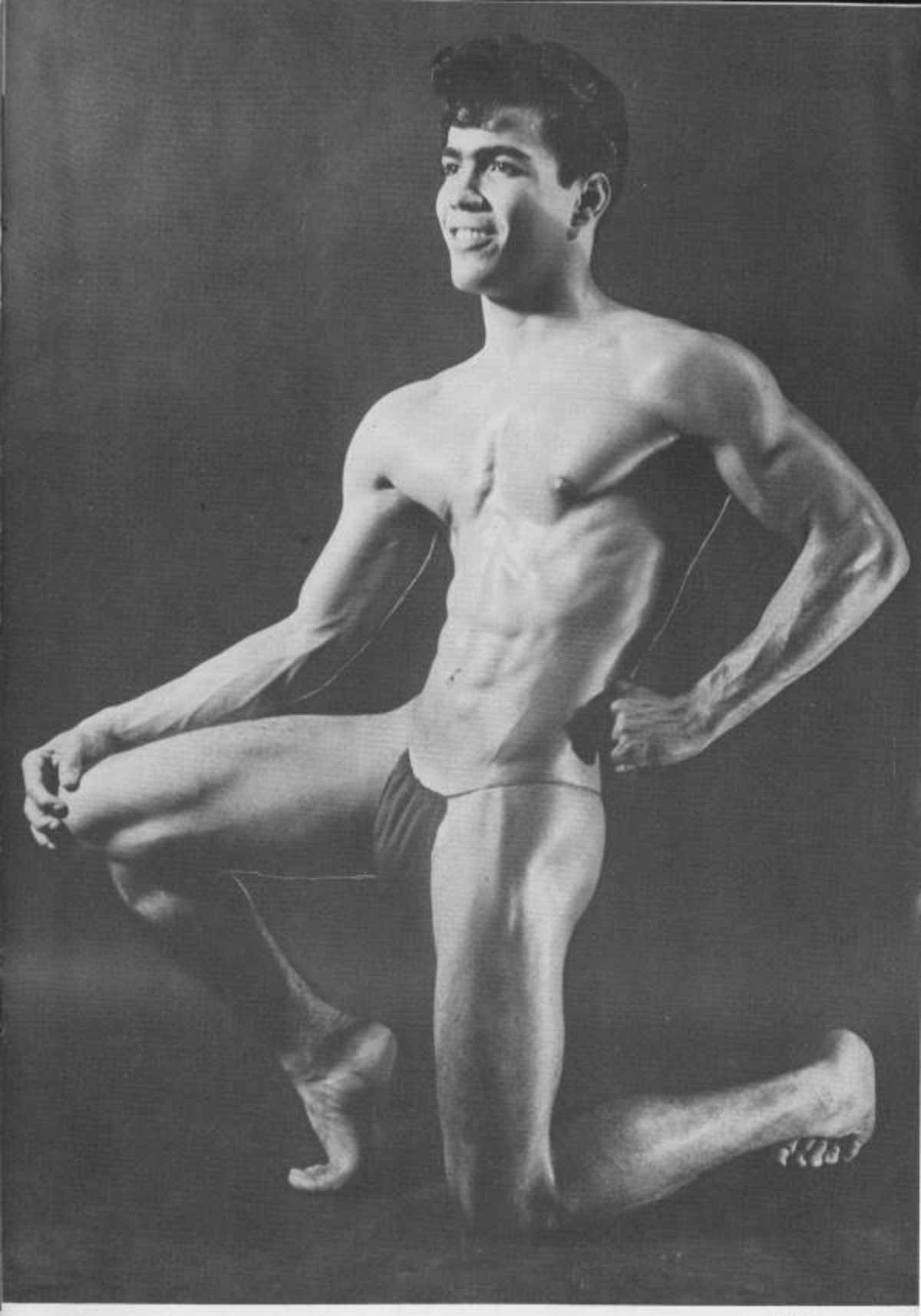
SHOWS US HOW!

Start with dumbbell as shown in photo at left — then slowly raise to position shown below.

Do this exercise for three sets of 12 reps with each arm. — A good way to add inches to your biceps and forearms.

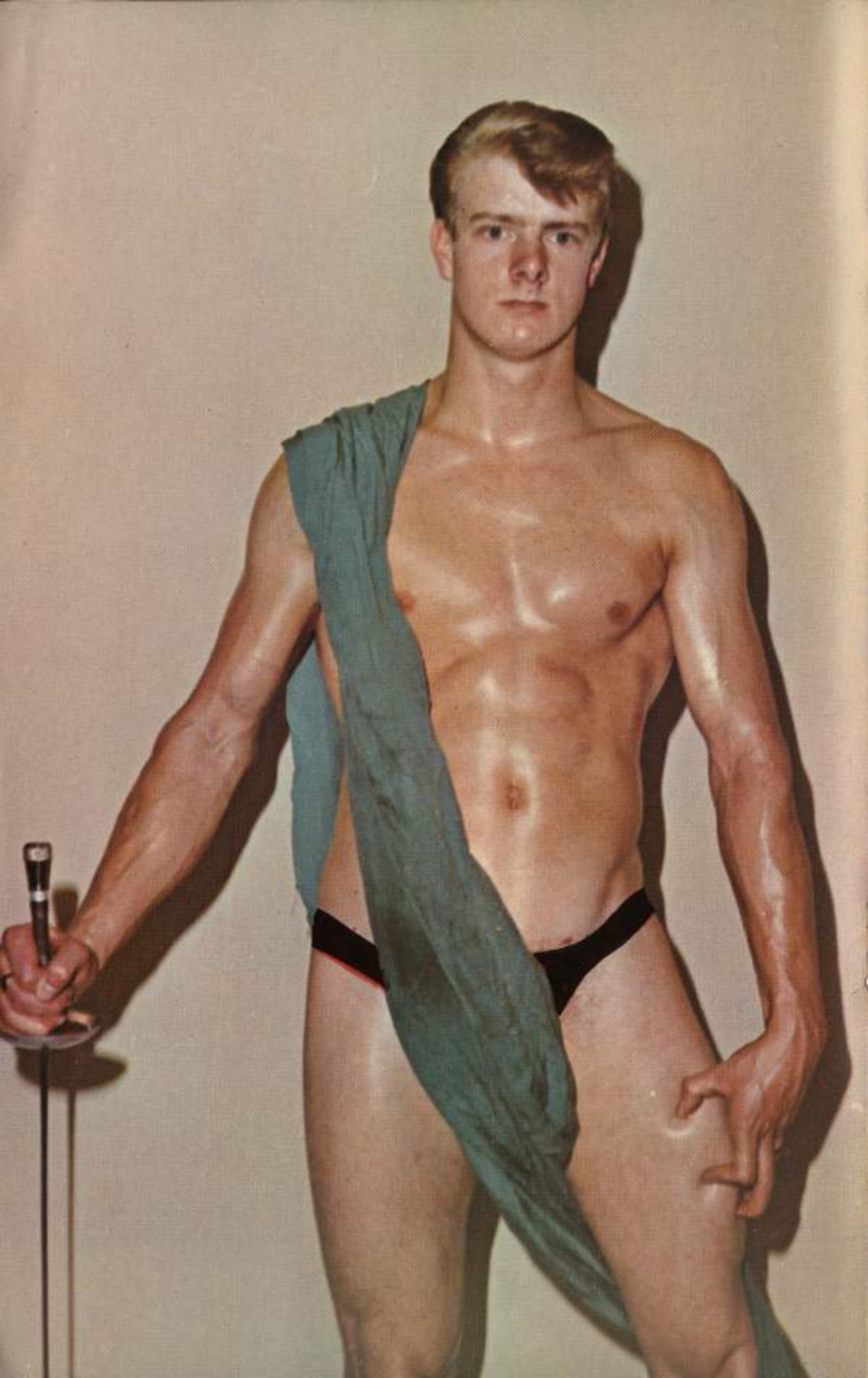
Photos: METECUE

BUD REED
(Hills)



Kris

JOHNNY MENENDEZ



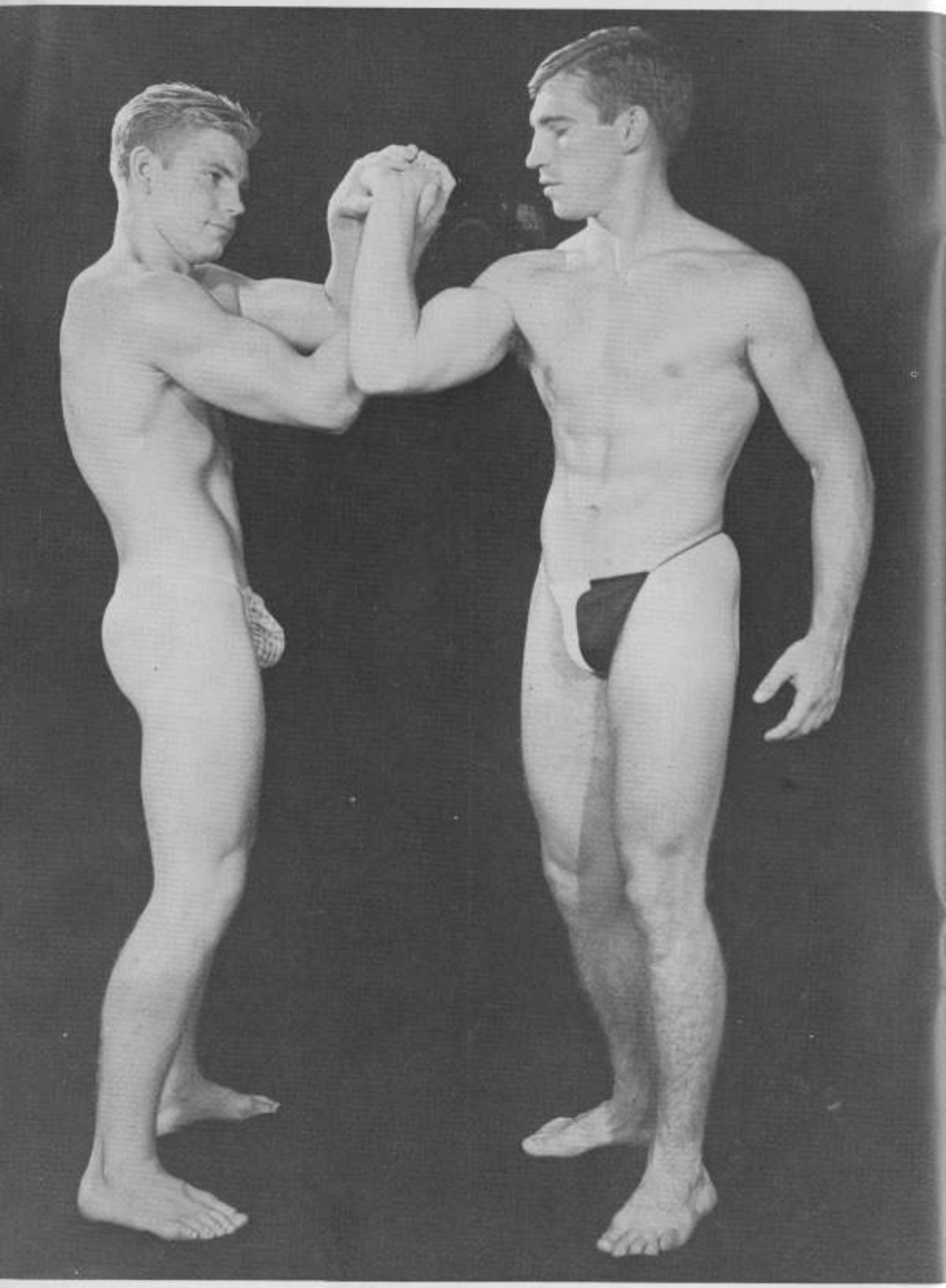
TWO STUDIES OF

BILL ARLSTON

by

HOFFMAN of EDINBURGH

YOUTHFUL DUO



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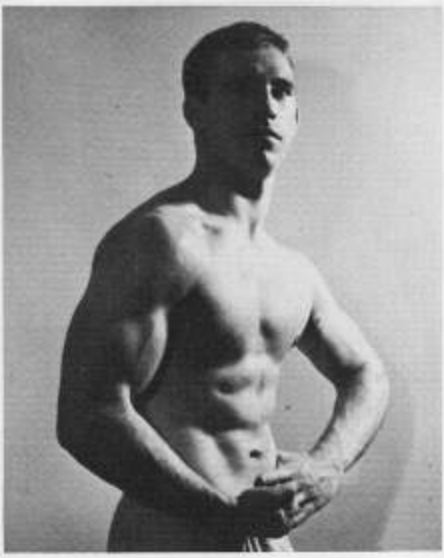
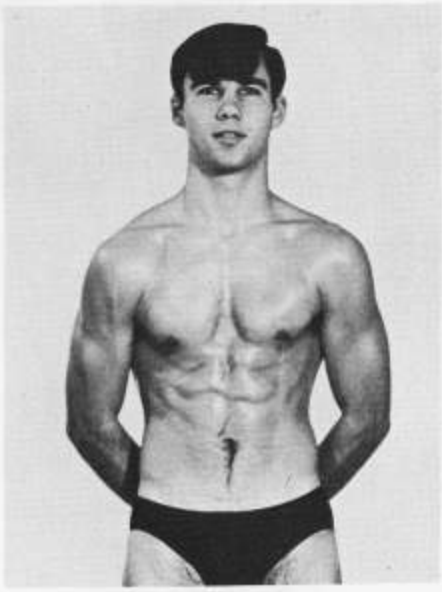


DEAN SUMMERS



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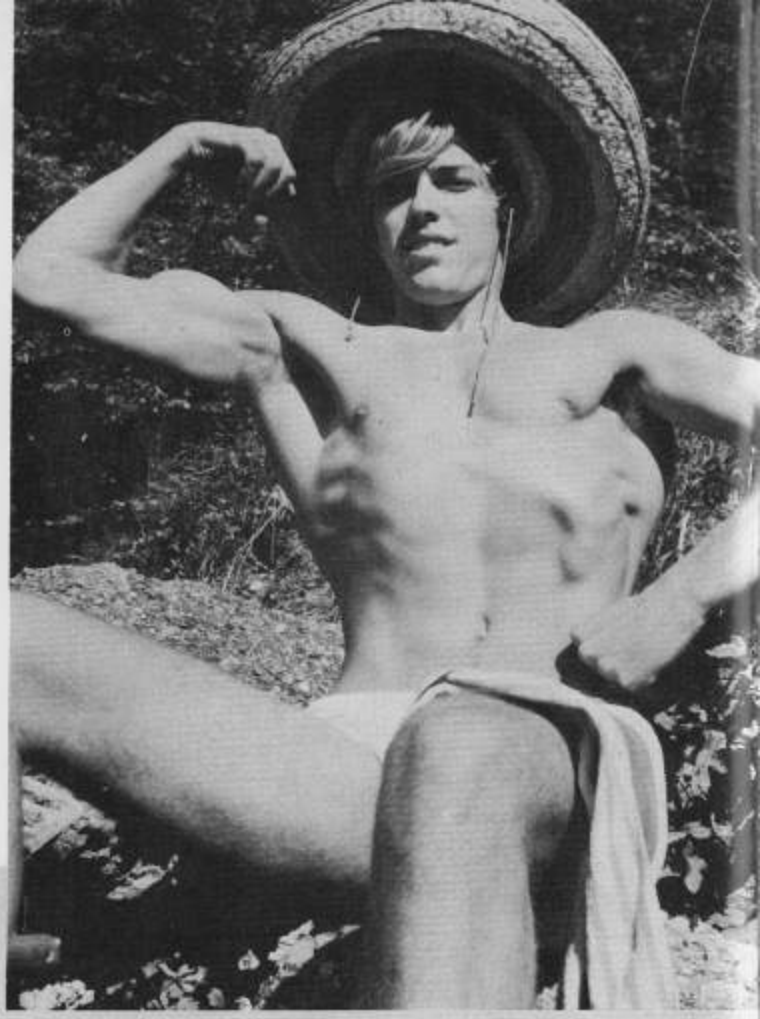

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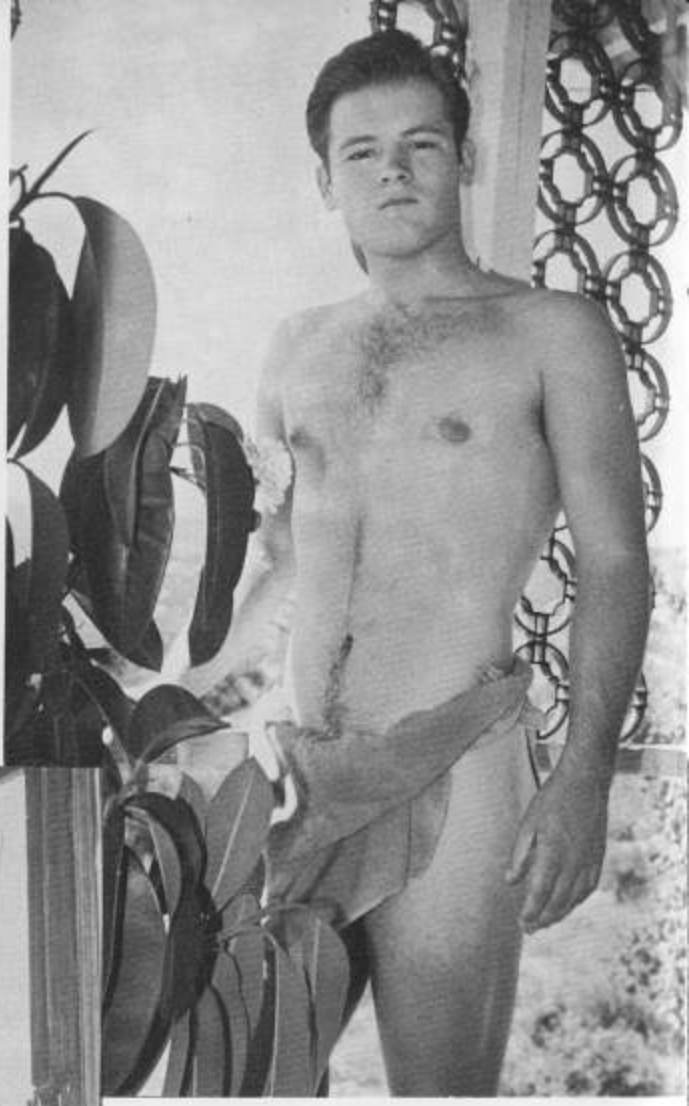

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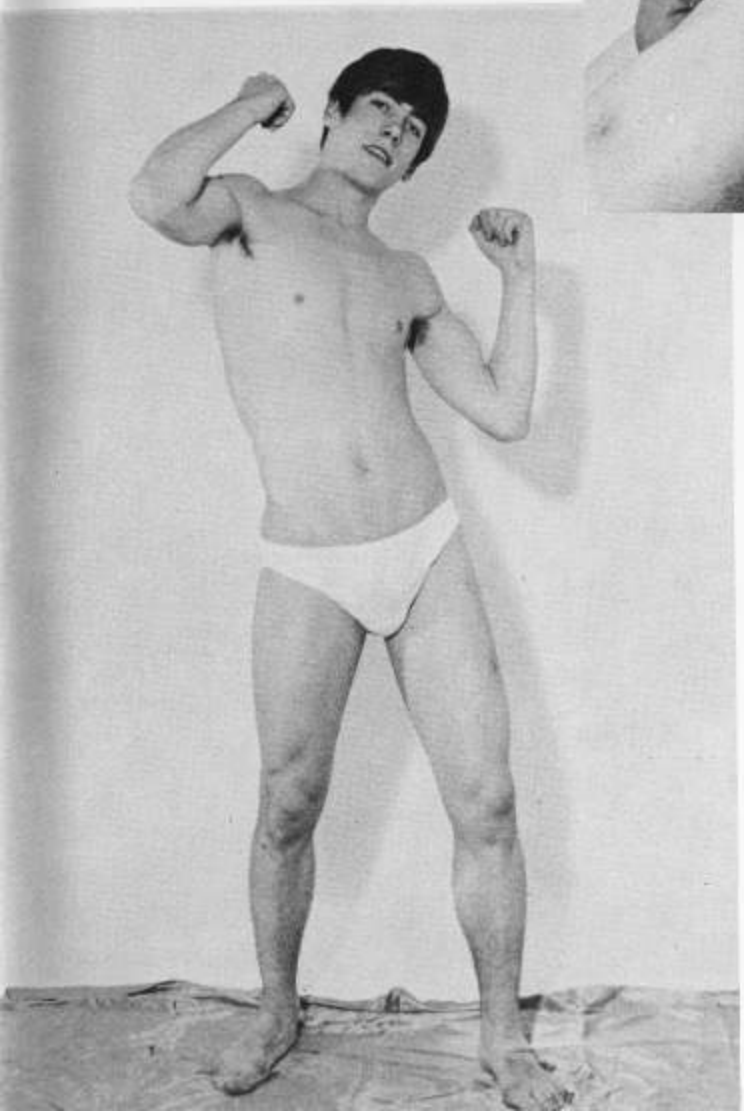

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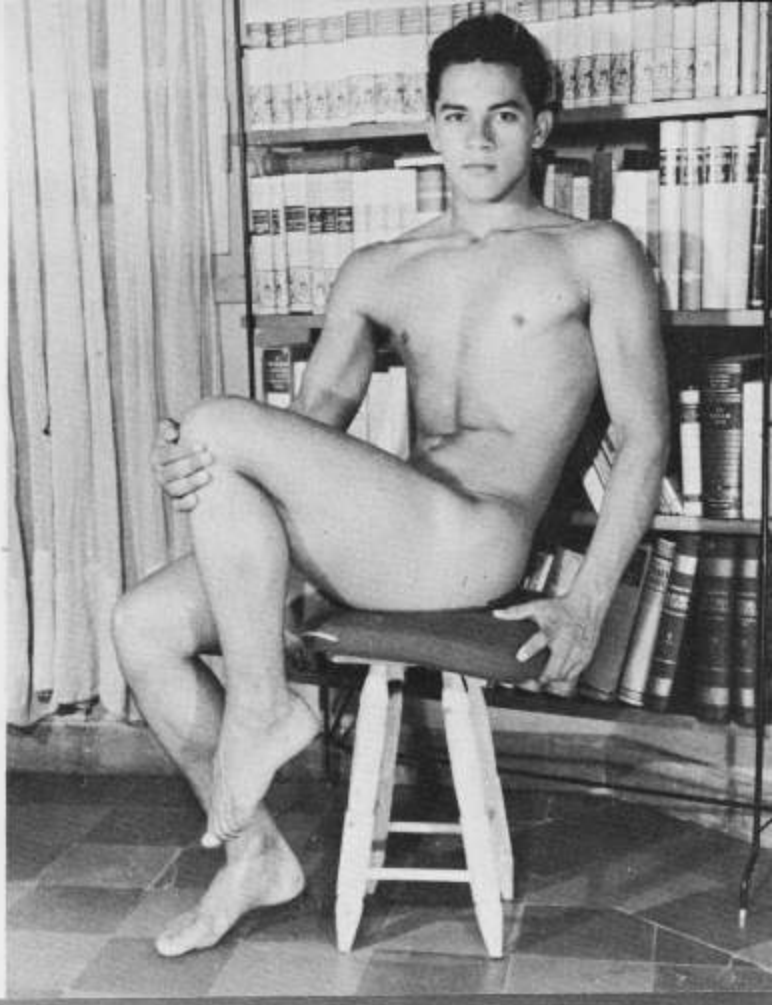

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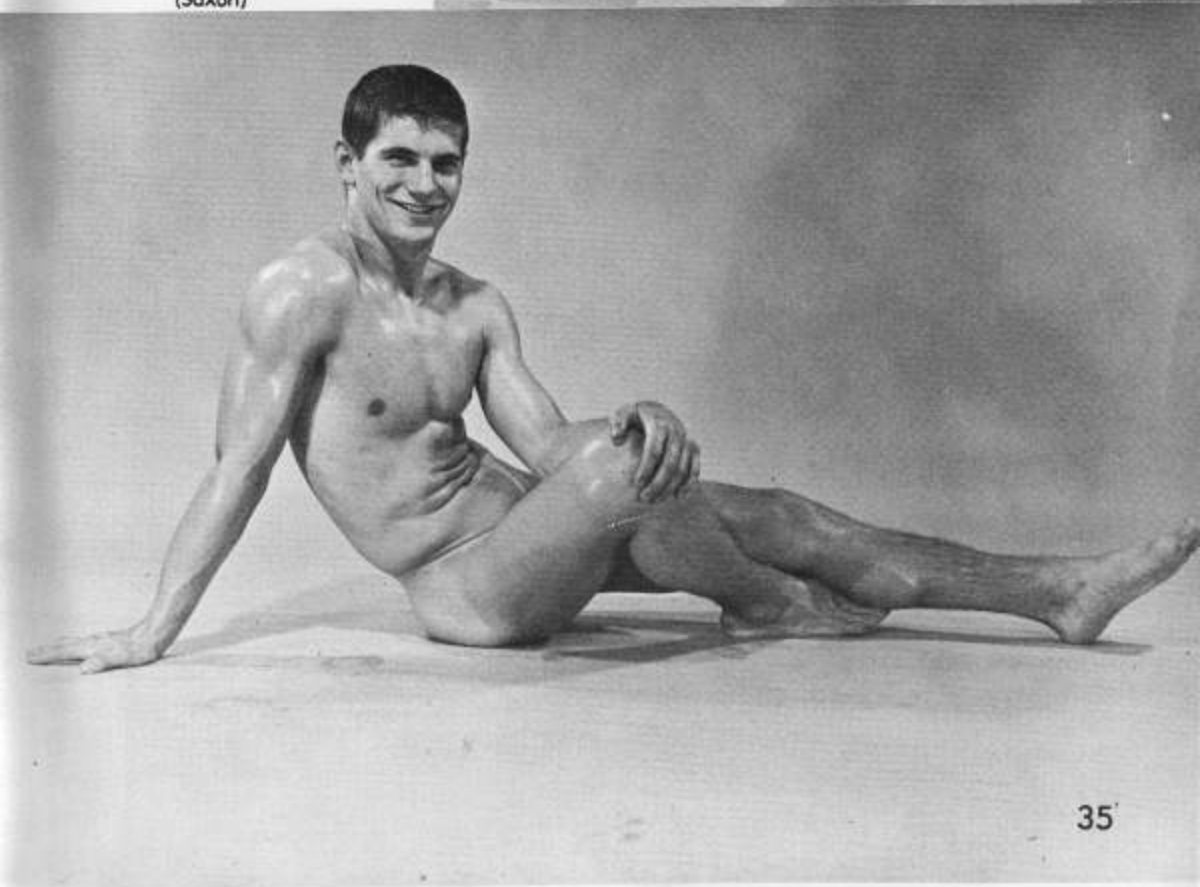

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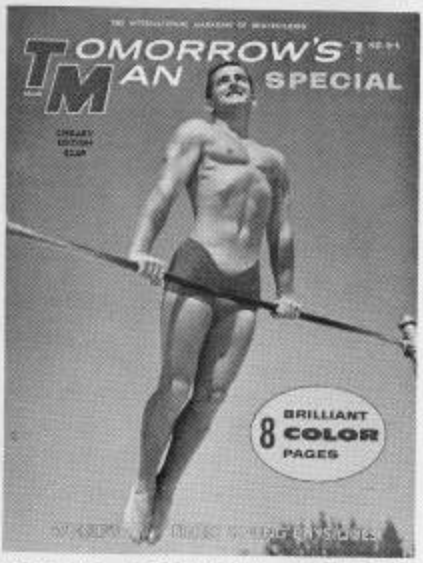

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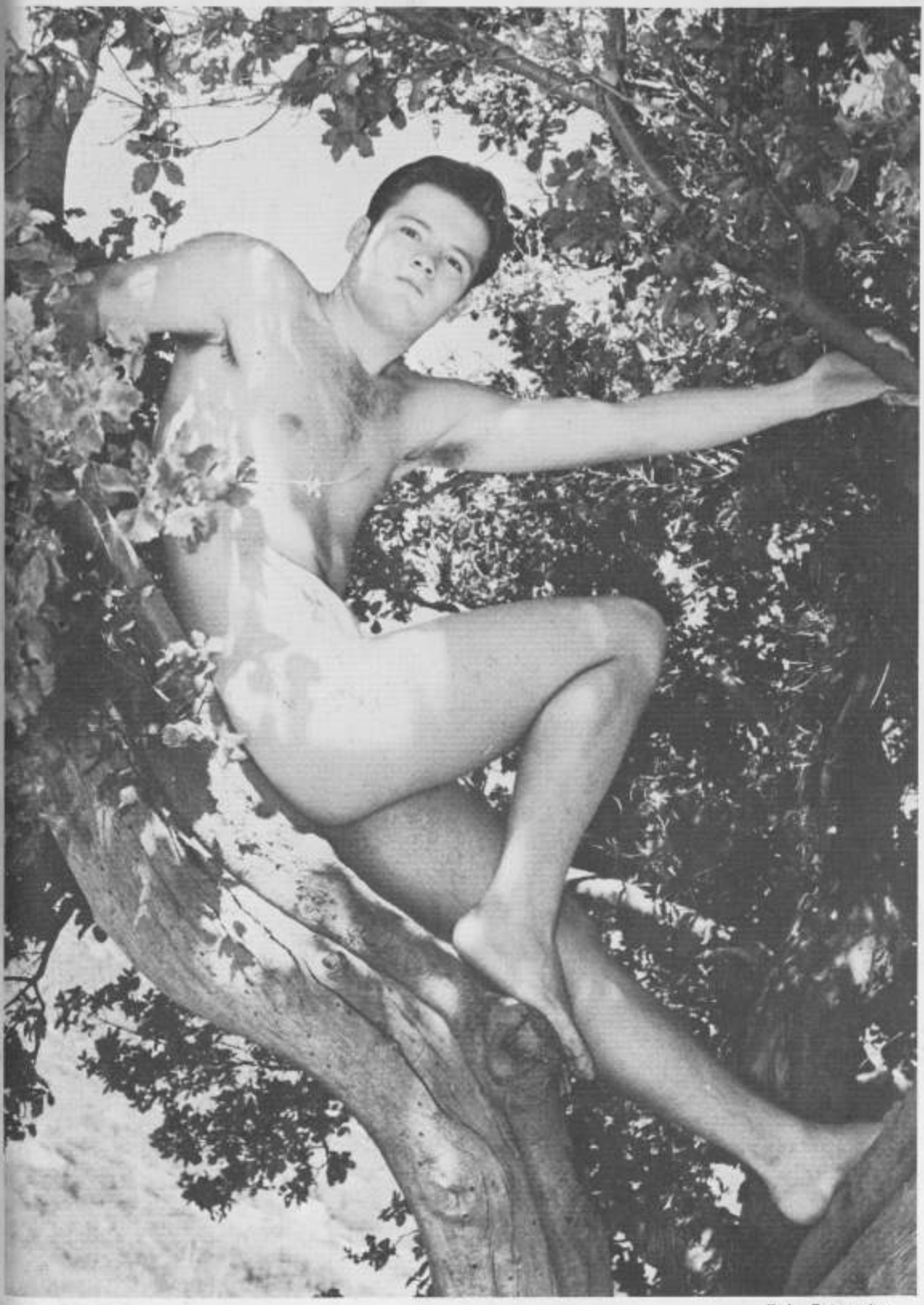

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